

Nutrition Information**: Healthier Almond and Date Carrot Cake

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	220.4	203.4	10 %	2000 kcal
Fat (g)	7.6	7.0	10 %	70 g
<i>of which saturates (g)</i>	1.4	1.3	6 %	20 g
<i>of which monounsaturates (g)</i>	4.2	3.9		
<i>of which polyunsaturates (g)</i>	1.3	1.2		
Carbohydrates (g)	32.3	29.8		
<i>of which sugars (g)</i>	23.1	21.3	24 %	90 g
<i>of which starch (g)</i>	9.1	8.4		
Fibre (g)	1.5	1.4		
Protein (g)	7.0	6.5		
Salt (g)	0.5	0.5	8 %	6 g

The above recipe contains: 10 servings

*Reference intake of an average adult (2000kcal)

Each serving(92.3 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
203.4 kcal	7.0 g	1.3 g	21.3 g	0.5 g	MEDIUM
10 %	10 %	6 %	24 %	8 %	HIGH

of an adults reference intake

Typical values per 100g: 220.4 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	226.5	209.1
Calcium (mg)	98.0	90.4
Iron (mg)	1.0	0.9
Vit A (µg)	514.9	475.3
Vit D (µg)	0.6	0.6
Vit E (mg)	2.5	2.3
Vit K (µg)	1.4	1.3
Vit B6 (mg)	0.1	0.1
Vit B12 (mg)	0.7	0.7
Vit C (mg)	1.4	1.3
Folate (µg)	19.2	17.8



**Estimated nutritional information per serving and per 100g. Information is calculated using McCance & Widdowson database and information on food packaging